

AS SEEN ON  
**TV**

# Electro Pedic



Thanks for purchasing ELECTRO PEDIC, please read this instructions before use and keep for future reference.

## IMPORTANT SAFETY INSTRUCTIONS

1. Read these instructions carefully and familiarize yourself with the procedure before assembling the unit.
2. Check that you have all the component parts following the list on the back cover and familiarize yourself with each part before proceeding.
3. Take all the fittings out of the plastic bag and separate them into their groups.
4. Ensure you have enough space to lay out all the parts before assembly.

## WARNINGS

1. Long term effects of chronic electrical stimulation are not known.
2. **DO NOT USE** during pregnancy.
3. Persons with heart problems: **DO NOT USE**.
4. Persons with suspected or diagnosed epilepsy: **DO NOT USE**.
5. **DO NOT** stimulate over the carotid sinus nerves (or any part of the front of the throat) especially in persons with known sensitivity to the carotid sinus reflex.
6. **DO NOT** place over the front of the neck or mouth. Severe muscle spasms of the laryngeal and pharyngeal muscles may occur. The contractions may be strong enough to close the airway and obstruct or stop breathing.
7. **DO NOT** apply transcranially (through the head).
8. **DO NOT** apply current through the chest (transthoracic) as introduction of electrical current through the heart may cause arrhythmias.
9. ELECTRO PEDIC must not be used over swollen, infected or inflamed areas or skin eruptions, e.g. Phlebitis, Thrombophlebitis, Phlebothrombosis, Varicose Veins etc. Emboli in the calf or elsewhere can dislodge and cause pulmonary embolism or stroke.
10. ELECTRO PEDIC must be kept out of reach of children.

## PRECAUTIONS ~ DO NOT USE WHEN:

1. There is tendency to Hemorrhage acute trauma or fracture.
2. DO NOT use following recent surgical procedure when muscle contraction may disrupt the healing process.
3. DO NOT use over the menstruating uterus.
4. DO NOT use where sensory nerve damage is present by a loss of normal skin. Some persons may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium used. The irritation can usually be reduced by use of an alternative conduction medium, or electrode placement.

This is not a medical device! This unit is intended to be used only for general physical conditioning! No medical claims are implied or warranted by the use of this product.

## IMPORTANT GUIDELINES

ELECTRO PEDIC is extremely safe and simple to use- However ELECTRO PEDIC does not take any responsibility for any harm caused due to misuse of the product. As a safeguard we suggest that if you have the following conditions, seek advice before using the machine:

- After childbirth (see heading After Childbirth)
- Persons using a heart pacemaker or with cardiac condition
- Epilepsy
- Multiple Sclerosis.
- Phlebitis in its active phase (Inflammation of a vein)
- Where tissue is inflamed through disease or injury.
- Recent scar tissue
- Varicose veins in its later stages
- During the heavy days of your period do not use the unit on your abs.

## KNOW YOUR MACHINE

ELECTRO PEDIC is using the reflexology theory to stimulate the acupuncture points under your sole which are reflex to your internal organs, such as lung, heart, kidneys, small intestine, spleen, pelvic area, pituitary ....with this simply stimulation which effectively can improve the blood circulation and relieve the Tension Headache, Leg Cramps, Tension in neck and shoulder, Backache....

With a large LCD screen and blue LED backup light, user can easily read and operate for selection the programme and levels. ELECTRO PEDIC also care about your needs, there included 4 additional electrode gel pads for user to massage the body but not only your sole, you can totally enjoy the comfortable and effectively massage during reading, sitting, watching TV.....

Toning – is the formula for retaining a good figure. Even while on a strict diet, muscles that functioned properly during youth, tend to lose tone and sag, pulling body contours out of line. ELECTRO PEDIC will help ease those sagging muscles back to their firm natural state simply by administering to the area you wish to treat. Because of ELECTRO PEDIC 's portability muscles can be shaped while your are reading, relaxing, walking or doing housework. It's easy to help improve figure problems, especially Abs, flabby under-arms, hips, thighs, bust-lines, buttocks & "after-baby" tummy.

Body Building – in conjunction with your work-out routine ELECTRO PEDIC helps to increase muscle density, vascular and hardness by the process of intense contraction. This action produces better muscle definition and muscle separations will be much more pronounced. The abdominals are one of the hardest muscle groups to shape and ELECTRO PEDIC is ideally suited to assist in this difficult task.

## THE SET INCLUDING:

1. ELECTRO PEDIC Massager
2. 4 pcs. electrode gel pads
3. A bundle of wire cable
4. 2 pcs interchangeable sole massager Roller
5. Power Adaptor
6. 2 pcs. Gel pad protectors
7. User Manual



## PART NAME OF THE ELECTRO PEDIC

- 1 Electrode Silicon Area for Feet
- 2 Far Infra Red light
- 3 Sole roller massager
- 4 Far Infra Red light
- 5 LCD Screen
- 6 Handle





## HOW TO OPERATE

### Location Image

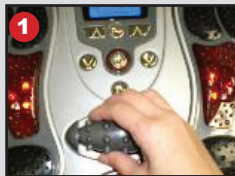
### Function

<b>A</b>		To switch on or off the unit
<b>B</b>	<b>P+</b>	Choose from one of the 10 pre-programmed massage programs ~ Upward
<b>C</b>	<b>P-</b>	Choose from one of the 10 pre-programmed massage programs ~ Downward
<b>D</b>	<b>°s</b>	Increase the output intensity of band 1 (Left hand size) Maximum 40 levels
<b>E</b>	<b>°s</b>	Increase the output intensity of band 2 (Right hand size) Maximum 40 levels
<b>F</b>	<b>°t</b>	Decrease the output intensity of band 1 (Left hand size) Maximum 40 levels
<b>G</b>	<b>°t</b>	Decrease the output intensity of band 2 (Right hand size) Maximum 40 levels

## DISPLAY

- 1 Band 1 Intensity Level
- 2 Band 2 Intensity Level
- 3 Timer
- 4 Program Indicator

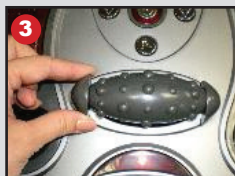
## CHANGE THE SOLE MASSAGER ROLLER



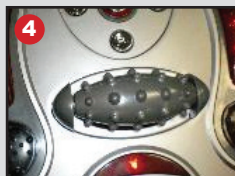
Take out the side block by holding the roller and take it upward



The side block will be release

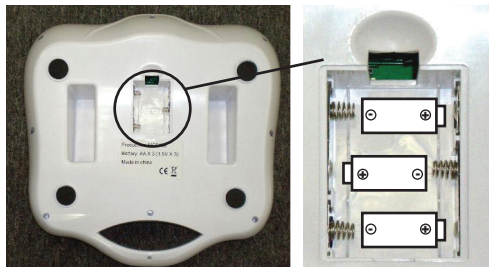


Then change a new roller and replace the side block by pushing it downward



Finished.

## INSTALL THE BATTERY



1. The battery compartment is located at the back of the unit.
2. Remove the battery cover from the unit
3. Insert three new 1.5V size C batteries with the  $\oplus$  and  $\ominus$  marks correctly aligned.

### Note on batteries:

- Do not mix different types of batteries or an old battery with a new one
- To prevent the risk of leakage of explosions, never recharge the batteries, apply heat or take them apart.
- When not using batteries, remove them to prevent battery drain.
- If liquid leaks from the batteries, throw them away. Thoroughly clean the battery compartment with a dry cloth.

## CONNECTED WITH POWER ADAPTOR

1. Put the adaptor jack of the adaptor to the adaptor jack of the unit (see fig. 2)
2. Plug in the power adaptor to the wall socket. (Make sure that the input voltage of the wall socket adaptor is suitable for the supplied adaptor.)



Adaptor Jack



## How to work



fig. 3

1. In order to increase the conduction, apply some water on your sole.
2. Put your feet on the unit
3. Press the Switch button for 3 seconds to turn on the unit, the LCD screen will also light up in Blue (see. Fig. 3)
4. Then you can adjust the mode by pressing "P+" & "P-" to select different programme. Maximum 40 programs.

5. Gently increase intensity setting by pushing the button of "s". Or decrease intensity setting by pushing the button of "t". (Left button for "Band 1", right button for "Band 2".)
  6. You can adjust the program anytime, but once re-adjusted the program, the intensity will be return to '0', in order not to shock the user from the new program, and then user should need to re-adjust the intensity.
  7. To terminate the massage period, user can turn off the unit anytime by pressing the Switch button for 3 seconds
- Tips: adjust to low setting at beginning and turn to high setting gently.

### Auto Functions

- The unit has an auto timer, it will starting to count down from 25 minutes, which will shut off after 25 minutes of massage.
- If you change the massage program within the 25 minutes, the timer will count down from the original leftover time.

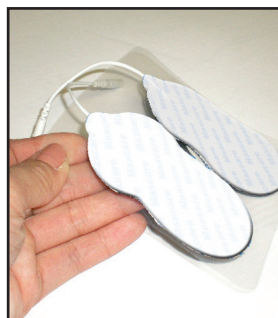


fig. 4

Pads to the skin steadily.

### Use with Electrode Gel Pads

- Connect the output wire to the Electrode Gel Pads
- Then connect the other end of the output wire to the output jack of the ELECTRO PEDIC
- Remove the protecting film from the adhesive pads (see. Fig. 4)
- Attach the Electrode Gel Pads to the skin steadily.

- Press the Switch button for 3 seconds to turn on the unit and adjust the stimulating mode and output intensity you wish. (The display will show the mode and the level that you selected and start to count down)



fig. 4

### Caution

- Never stick two adhesive pads to each other.
- Keep the adhesive gel pads clean, and never put them under high temperature and direct sunshine.
- If the electrode gel pads are insufficiently adhesive or dirty, wipe with a wet cloth or change new ones.

Don't clean the electrode gel pads with any chemical

- For protection the gel pads, always put it on to the gel pad protector after use. (see. fig. 5)

## What is Foot Reflexology

Foot Reflexology is a "pressure therapy" and involves applying focused pressure to certain known reflex points located in the foot that correspond to certain other areas in the body so as to cure or prevent disease. It is based on the premises that our nerve zones or reflex points go from the bottom of our feet to the top of our head, encompassing all vital organs on the way. A trained reflexologist could put pressure on different reflex points or energy lines on the sole and side of the feet to determine the cause of illness.

### The Benefits of Foot Reflexology

1. Reduces the level of stress.
2. Increases blood circulation.
3. Assists the body in returning to a state of balance.
4. Works with all other modalities, traditional and conventional.
5. Works with the whole body affecting mind, body, and spirit.





A reflexology chart shows the "reflex zones" worked by reflexologists on the soles of the feet. Similar maps exist for the position of the reflexes on the hands and ears, and internal organ of your body:

- |                        |                         |                      |
|------------------------|-------------------------|----------------------|
| 1. Frontal Sinuses     | 22. Pancreas            | 43. Trapeziums       |
| 2. Nose                | 23. Duodenum            | 44. Parathyroid      |
| 3. Trigeminal Nerve    | 24. Transverse Colon    | 45. Ear              |
| 4. Pituitary Gland     | 25. Ascending Colon     | 46. Shoulder         |
| 5. Cerebrum            | 26. Ileocecal Calve     | 47. Thyroid Glands   |
| 6. Eye                 | 27. Appendix            | 48. Lung             |
| 7. Cerebellum          | 28. Small Intestines    | 49. Heart            |
| 8. Back of head Nerves | 29. Bladder             | 50. Solar Plexus     |
| 9. Bronchi             | 30. Genital Glands      | 51. Adrenal Glands   |
| 10. Trapeziums         | 31. Neck                | 52. Stomach          |
| 11. Parathyroid        | 32. Ureters             | 53. Spleen           |
| 12. Ear                | 33. Cervical Vertebra   | 54. Kidney           |
| 13. Shoulder           | 34. Frontal Sinuses     | 55. Pancreas         |
| 14. Thyroid Glands     | 35. Nose                | 56. Duodenum         |
| 15. Lung               | 36. Trigeminal Nerve    | 57. Transverse Colon |
| 16. Liver              | 37. Pituitary Gland     | 58. Descending Colon |
| 17. Gall Bladder       | 38. Cerebrum            | 59. Small Intestines |
| 18. Solar Plexus       | 39. Eye                 | 60. Bladder          |
| 19. Adrenal Glands     | 40. Cerebellum          | 61. Rectum           |
| 20. Stomach            | 41. Back of Head Nerves | 62. Anus             |
| 21. Kidney             | 42. Bronchi             | 63. Genital Glands   |

## Description of the programme

Programme	Pattern	Great Help for
<b>1</b>	Accupuncture Biologic Electrotherapeutics, Therapy	Layin Medicament,
<b>2</b>	Cupping Insomnia , Menopausal Syndrome	Stomachache,
<b>3</b>	Scrapping Abdominal pain , Breast Improving	Sciatica,
<b>4</b>	Hammering Stiff Neck & Shoulder Freezing Symptom,	Face Beautification,
<b>5</b>	Massage Lumbago, Strain of Lumbar muscles	Apoplexy,
<b>6</b>	Stroke Rheumatoid arthritis , Blood Pressure Mediation	Cervical Spondylosis,
<b>7</b>	Kneading Hemiplegia	Relieve Stress,
<b>8</b>	Pushing Lmmunotherapy, Cervical Vertebra	Lumbar vertebra,
<b>9</b>	Squeezing Pounding, Body Shaping	Slimming,
<b>10</b>	Tapping Rolling	Blood circulation,

### IMPORTANT:

- Do not remove the silicon pads when the device is working.
- Make sure the unit is off before connected the silicon pad cable to the device.
- Don't use on wounds or the problem skin.